Graduation Matters Missoula

Nutrition Subcommittee

Meeting Notes October 21, 2014

Present: Mark Hartman, Carol Ewen, Linda Simon, Alex Baer, Sarah Tarka Baer, Amanda Andrews-Cahill, Dylan Haggart, Brennan Drew, Connor Cox, Kevin Leathers, Lisa Cox.

1. Nutrition shout-outs for the district were shared by Lisa Cox.
2. Lewis and Clark Elementary –
3. Is now using water bottles and actives as rewards in their Be Buck store
4. The staff has discussed and is being mindful of the cumulative effect of food rewards in the classroom.
5. The FRC has joined in to offer healthier choices for their activities. An example is that for Bike/Walk week breakfast they did not have hot chocolate and served clementines.
6. Washington Middle School
7. Is getting a healthy vending machine for student use.
8. A teacher at Washington whose students eat in the classroom noted that the students are eating lots of cut vegetables from the salad bar.
9. Meadowhill
10. Was recently in the Missoulian for working with Garden City Harvest to plant arugula in the community garden and then served it in the cafeteria. Some students stated that they had never tasted arugula before.
11. Hellgate held a salsa party for the community with salsa made from their school garden.
12. The Sentinel Sparta Mart is using social media (twitter) to get the word out to students about healthy choices at the school store.
13. A video was shared from NPR titled Reality Check: To Burn Off Soda You’ll Have to Run 50 Minutes. A discussion followed about the approach to nutrition information and alternatives to simply listing calorie and fat content.
14. Discussion of the approach of Smart Snacks in the high school setting. The question was put to the group “How can we as a group create a user friendly and staff friendly timeline that is workable and does not halt the momentum that is being independently generated by each school?
15. Meeting adjourned with an optional meeting to work on a Gold/Silver/Bronze approach for schools working towards a healthy school environment on Monday October, 27, 2014 at 3:30 pm in the ad building. (This meeting was cancelled due to conflicts and will be rescheduled).